

THE
DIETETIC REFORMER
AND
Vegetarian Messenger.

MONTHLY.—PRICE TWOPENCE.

FEBRUARY, 1874.

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“FIX UPON THAT COURSE OF LIFE WHICH IS BEST: CUSTOM WILL RENDER IT
MOST DELIGHTFUL.”

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THE DIETETIC REFORMER

AND

Vegetarian Messenger.



XXVI. NEW SERIES.]

FEBRUARY 1, 1874.

[PRICE TWO PENCE.]

THE DEAD MEAT TRAFFIC.

SCARCELY a week passes, scarcely a newspaper can be taken up, but we find something about a "diseased meat" case, much to the scandal of the gossips, and to the astonishment, if not consternation, of the public, who would so much rather not be disturbed by these unpleasant revelations. What the public would think if *all* such cases were actually reported; what the public would think if all that are reported over the country were put together and laid before them; what the public would further think if it were able to form any estimate of the diseased meat which is *not* seized, or of the extent to which all dead meat is, by the very system on which it is bred, necessarily more or less diseased, one dare not venture to surmise. But that this traffic in sentient creatures—besides its necessarily degrading and depraving effect on a whole class of our fellow-citizens, a class who suffer grievously in their social, moral, and all the better instincts, and among whom, by virtue of their calling, death is busily at work above most other trades—besides these considerations, such a traffic has, as it must have, its terrible consequences against society. To Vegetarians these facts are so familiar that we have not, for a long time past, thought it worth space in our journal to record them. But with the public who don't care to see, who prefer to shut their eyes so that they may but gratify their appetites, the case is very different, and it is worth taking a little trouble to make those who have some remnants of conscience, or who have any lingering instincts of a better nature, a little uncomfortable, and, if possible, a little thoughtful and reflective. Even within one week we have three such cases as these: one of a human being gored to death by one of these ill-kept domestic animals; in another quarter we hear of diseased milk from stall-fed cows adding to the death-list of our little ones; while, in a third, we hear of the diseased flesh of a dead carcass doing its mischievous work on some too promiscuous-feeding adult.

It is, again, a fortunate circumstance that these evils are perceived, and freely pointed out, by others than Vegetarians. Dr. Carpenter, in

a timely letter which appeared just before Christmas, spoke out plainly on two very prolific causes of disease—foul air and foul food, and his remonstrance has been endorsed and furthered by the press. The *Manchester Examiner and Times* thus calls attention to this protest :—

Anyone who deliberately attempts at this festive season to weaken our faith in the virtues of roast beef, must be pronounced guilty of unpatriotic if not even of treasonable conduct. It was no doubt with a full consciousness of what he was doing that Dr. Carpenter penned his expostulation against the confirmed practice of many agriculturists of overfeeding their cattle. The effects of the recent fog on the fat beasts at the Islington Show afforded too telling an illustration to be neglected by such an active sanitary reformer. If these animals had not been, in the scientific sense, diseased before they entered the show, they would not have succumbed to the vitiated atmosphere. . . . The warning, at any rate, could not have been given at a better time ; and even if it should have the effect of spoiling a good many Christmas dinners, the eaters will find their compensation in the manifold benefits always to be derived from a rigid adherence to the rule of right.

Of course the newspapers take a cautious view, but let us hear what Dr. Carpenter himself says :—

The effect of impure air upon the fat cattle in the Agricultural Hall at Islington, and the lesson which the public ought to learn from the circumstance itself, has not yet been handled in the manner it deserves. If it be thought that men or animals can be stuffed to repletion, yet not perform any work, and no serious consequences result, a great and fatal mistake is made. The effect of a deoxygenised and partly deoxygenated atmosphere showed itself, because the animals were diseased before they entered the building. Such an effect is sure to arise in animals as well as in men when they become the victims of fatty degeneration. They die rapidly if exposed to foul air, and death is said to have been caused by unavoidable disease. But that disease is as much caused by man's own act as any of the so-called preventable maladies, and is as much to be blamed as is the effect which follows upon excessive drinking. Should we not learn a lesson from this great experiment, whether we are agriculturists feeding cattle for the market, or only common men ? It is certain that over-feeding as well as over-drinking is a great evil, and produces its yearly hecatombs of victims, who are looked upon as unfortunate sufferers, while their colleagues, the drunkards, are severely dealt with in respectable society. Men should learn that a good eater should also be a good worker if he intends to remain healthy, and that the rule applies to oxen as well as to men. It may be seriously asked whether the consumption of the meat of such over-fed animals is not also an evil ? I think the answer must be "Yes." It must tell upon the constitutions of those living upon it, and lay the foundation of many evils in man's frame, probably producing many of those gastric disturbances which affect many abstemious and regular livers, who wonder why such mutton and such beef could have disagreed with them. The tendency to fatty degeneration of muscular and other tissue is much on the increase among us. It is one of the causes of the increase of sudden death. The disease quietly gains ground, though the victim seems the picture of good health to the uninitiated. Rich living and fatty meats, with little work, produce as much disease among us as does typhoid or any of its allies. The present seems a fair opportunity for the press to raise another warning voice, in hope that some at least will be wise in time.

The effects of fog are bad enough upon the crowded inhabitants of all our large towns. But then, to use Dr. Carpenter's words, these are "only common men." So that when the fog began seriously to affect the oxen, and animals worth large sums of money, bred on a false system, for base ends, and in a diseased condition, sickened and died, hope rose that those who could be reached by no concern for their fellow-men would be taught by the argument to which alone they would listen, of the vicious work in which they were engaged, and that the public would not lose sight of the lesson. As was to be expected, much care and space were bestowed by the press on this very important financial matter, and for once that concern was exhibited for animals which is but too little felt for men. Hear the *Daily News* reporter describe the state of Smithfield market on Tuesday evening :—

The positive illness of several of the animals, and the uneasiness of all, owing to the state of the atmosphere in the Hall, were so apparent when closing time came, that immediate efforts were taken to purify the air for the night. Doors and ventilators were opened to their fullest extent, the gas was put out, and the dust raised by the tramping of the visitors was laid by copious sprinklings of water. But although by these means a somewhat cooler temperature was obtained, the quality of the atmosphere was not perceptibly improved, for the outside air was as heavily charged with fog and noxious particles as that in the interior of the building. Indeed, the atmosphere grew denser as daybreak approached, and the extra staff of watchmen, who, as well as the veterinary surgeons, remained on duty all night, found the distress of the animals increase hourly. By daybreak two had died where they lay in the hall, and by nine o'clock the reception yard was full of the great suffering animals, panting piteously in a state closely akin to suffocation ; while in the interior of the hall sobbed and panted others nearly, if not quite, in as bad a state. Anxious exhibitors protested against their stock being sacrificed by longer retention in an atmosphere which so imminently threatened to be fatal to them, and demanded that they should immediately receive tickets authorising them to remove their animals to some less stifling locality. Exhibitors roundly assert that the policy pursued was to allow only those animals to go whose death if retained was inevitable ; and that the question was cut very fine is sufficiently obvious from the fact that one animal died in the course of the day in the reception yard before it could be slaughtered ; that several were slaughtered there that they might not die a natural death ; that two died in their vans when in course of removal ; and that it was found necessary to slaughter several after they had been removed to private receptacles. Toward noon the fog somewhat abated, and the more distressed animals, *which in most cases were the winners of prizes*, were brought out of the hall into Barford-street, where they were led slowly up and down. In the better atmosphere outside, the ponderous animals recovered considerably, and the fog showing signs of permanent mitigation, they were brought back into the hall soon after three o'clock. Scarcely had this been done, when with bitter malignancy the fog came on again as bad as ever, and the animals soon began to lose what measure of benefit they had obtained from their outdoor promenade. Some got so ill that the veterinary surgeons could not forbid their removal. Others, in a condition of piteous distress, snorting, heaving, quivering, and palpitating, were

led out into the reception yard, where drenches and other restoratives, such as bottles of old ale, were administered, in some cases with a partial success, in others with extremely dubious results. When the Hall closed at nine o'clock the atmosphere was extremely oppressive, and the animals which still remained in position were, without any exception, in a distressed condition, and some in a very critical state, while in the reception yard were upwards of a dozen of the worst cases, in a plight as bad as could well be imagined. Up to that hour there had been removed in all about seventy animals and it seemed, if the fog, which was becoming denser and denser as the night advanced, should continue, that many more removals would be necessary, while it was far from certain that even this course would prevent further additions to the list of dead and slaughtered on the premises before the morning.

Mr. Page, superintendent of the Manchester markets, presented to the Markets Committee, in October last, his usual annual report, with a statement of the kinds and quantities of unwholesome food seized and destroyed during the year ending Midsummer last. Of beef, mutton, veal, lamb, pork, ham and bacon, the seizures amounted in all to 30,995lbs. Of salmon, herrings, mackerel, plaice, haddock, and cod the total was 26,205lbs.; beef, pork, and bacon being the greatest items in the one, and mackerel and herrings in the other. Besides these were 1,316 geese; 116 turkeys; 60 brace of grouse; 146 couples of rabbits; 216 bushels of mussels; 236 bushels of cockles; 70 quarts of shrimps; 63,000 eggs; 380lbs. of cherries; 288 pecks of pease; 1,080 cabbages; and 11 jars of pickled cabbage. Mr. Page adds:—

During the year there have been sixteen prosecutions for offences in connection with these seizures, and twelve convictions obtained, the offenders being fined in various amounts, making in the aggregate the sum of £98 7s. 6d. Three summonses were dismissed for want of sufficient evidence, and one defendant was excused under special circumstances. There have been seven butchers summoned for offences against the slaughter-house bye-laws, and fines inflicted to the amount of £1 7s. 6d. The few cases brought to the notice of the Committee under this head, however, is no criterion of the condition in which a great number of the slaughter-houses in the city are generally found. It is simply impossible, however, for the occupiers to keep slaughter-houses in a proper condition, which are badly floored, inefficiently sewered, and without proper lairs for the live cattle. For such places as these there appears to be but one effectual remedy.

This is indeed, as the Manchester *Critic* calls it, “a curious, yet from a domestic point of view, a highly important little document” :—

Some interesting facts are disclosed. Beef occupies the place of dishonour in the list, being consigned to destruction to the extent of no less than 12,616lbs. Pork and bacon may be bracketed in the second place, with over 8,000lbs. each of unwholesome matter. It is somewhat astonishing to find that only 21lbs. of lamb had to be destroyed. Amongst fish, mackerel most distinguished themselves, as indeed might have been expected; but the total destroyed is an unpleasant one. Herrings occupy the second place, with 5,338lbs. Geese and turkeys are found in the list, the former in rather large numbers. Amongst miscellaneous articles, 6,300 eggs and 11 jars of pickled cabbage have merited dishonourable mention. There is a small excess of

unwholesome meat, and a very large excess of putrid fish, over the quantities destroyed last year. The black list includes sixteen prosecutions, twelve convictions, and close upon a hundred pounds as fines—smaller numbers than those of last year, which is accounted for by the one encouraging feature in the report, viz., that the fish salesmen are acquiring the highly-desirable habit of voluntarily giving up a large portion of the putrid fish that finds its way into their hands. The report closes with a reference to the unsavoury subject of slaughter-houses. Mr. Page speaks in a most earnest way of the wretched state in which many of these establishments now are, and under present arrangements must be.

Of fish only, for the month of December, we have the following return for the metropolis:—

During last month the inspectors of the London Fishmongers' Company seized and destroyed no less than 31 tons 2 cwt. of diseased and putrid fish, which had arrived for sale at Billingsgate market. The fish numbered 85,636; and in addition to these, there were also destroyed 354 bushels of sprats, 24 of welks, four of periwinkles, six of mussels, eleven of cockles, 1,072 gallons of shrimps, and 260 lbs. of cod sounds.

We are unable to present anything so complete as this for the whole country. But the following few cases, as results of our dead meat traffic, are formidable enough:—

BRADFORD.—Thomas Blakey, aged 57, choked by an oyster.

DONCASTER.—At Doncaster, a butcher who exposed meat in a shocking state of unwholesomeness was fined £11.

LIVERPOOL: CHRISTMAS GEESE.—Three stall-keepers in St. John's Market, Liverpool, were each fined 40s. and costs by the stipendiary magistrates for exposing for sale geese that were totally unfit for human food.

"GOOD ENOUGH FOR SAUSAGES."—For attempting to convey to market the carcass of a pig which was in an unwholesome state, a butcher at Twickenham has been fined 10s. Defendant had said that "it was as good as half the meat sent to Twickenham, and quite good enough for sausages."

MORE ABOUT SAUSAGES.—George Bridger, an East-end butcher, was on Thursday charged at the Worship-street Police Court with having in his possession a quantity of meat unfit for food. Some unpleasant revelations concerning the manufacture of sausages were made during the hearing of the case. The accused was fined £10.

"PUTRID TURKEYS" AND "BAD BEEF."—On the 31st December, at the City Police-court, Manchester, Benjamin Pere, a poultry dealer, was fined £10 and costs for having in his possession seventeen turkeys which were putrid and totally unfit for human food. They were found behind the counter on Christmas Eve.—On the same day, Thomas Farmer, of Ludlow, was summoned by Mr. Page for offering for sale four quarters of the carcass of a cow which had died of consumption. Defendant having pleaded that he did not see the beast killed, the summons was dismissed.—*Manchester Courier.*

SHEFFIELD.—A farmer, named Inman, who farms a large extent of land at Aston, near Rotherham, was charged before the magistrates at Sheffield with sending thither for sale a diseased sheep. The sheep had suffered from atrophy, and had wasted away. It weighed only 28lbs. The carcass was dressed by defendant's orders, and was sent by him to a butcher at Sheffield. There it was placed in the shambles, and was seen by a sanitary official. The Bench told the defendant that if he had sent the carcass to Sheffield more secretly they should have sent him to prison. As it was, they should fine him £10 and costs.

"HIGH GAME": A WARNING.—The London correspondent of the *Leeds Mercury* says: "A story, with a moral for those who are fond of 'high' game, was told me yesterday. A friend of my informant's went to a poulterer's, and taking up a pheasant from the slab put the bird close to his face to know whether it was fresh or not. The breast of the bird, where it had been hit, was wet and stripped of feathers, and just touched the lip of the gentleman, which was abraded from a cold. In a very few hours afterwards the lip became dreadfully swollen, and symptoms of mortification showed themselves so seriously that it became a question whether a painful and necessarily disfiguring surgical operation would not have been required."

DERBY.—On Saturday, at the Borough Court, before the Mayor and other magistrates, John Boam, butcher, was summoned for having exposed in his shop certain meat which was unfit for the food of man. Inspector Grattridge proved having found the meat on the defendant's shop board in Market-street. He found the meat in a fearfully diseased state. Having seized the whole of it, he conveyed it before two of the justices, who ordered it to be immediately destroyed. Skilled evidence was called to prove that the meat was diseased. It was stated that the defendant had already suffered three months' imprisonment for a similar offence. The magistrates sentenced the defendant again to three months' imprisonment, with hard labour, without the option of a fine.

THE SUPPLIES OF A POLONEY MAKER.—At the Middlesborough Police Court, George Schumen, pork butcher, and poloney and sausage maker, was charged by Inspector Reed with having in his possession five pieces of beef unfit for human food. Mr. Bainbridge defended. Inspector Reed stated that he went to the defendant's shop, and in a cellar found five pieces of beef—in all about seven stones weight—in a very bad state. The smell was most offensive, and the meat was quite dark coloured. Mr. Barker, veterinary surgeon, examined it, and it was afterwards destroyed by order of a magistrate. Dr. Malcolmson, medical officer to the Corporation, spoke to the meat being unfit for food. The defence set up was that the defendant was quite a new hand at the business, and did not know that the beef would not keep from Thursday till Monday. Defendant was fined £4, including costs.

A BAD BARGAIN.—"That's more than I bargained for" was the remark with which Arthur Cox, a Manchester butcher, received a sentence of two months' imprisonment with hard labour, pronounced upon him by the Chairman of the Altrincham petty sessions, for having in his possession the carcass of a cow that was unfit for human food. The sentence which surprised Arthur Cox will gratify the public. According to the evidence of the witnesses for the prosecution, the condition of the carcass found in Cox's possession was revolting; one of them stating that when he ran a knife into the hind quarter nearly a pint of water ran from the bone. [Nothing was the matter with this carcass, according to Cox: the cow had only had the rheumatic!] The defendant when apprehended said that he was taking the animal to his shop to dress it for sale, and Mr. Harris, who persecuted on behalf of the Altrincham Local Board of Health, asserts that similar carcasses are from time to time brought to Manchester and made into sausages.—*Manchester Guardian*.

COLCHESTER.—Upwards of a column of the *Colchester Mercury* (15th November) was occupied with the trial of Charles Cox, pork butcher, charged with having on his premises fourteen pieces of "meat" deposited for sale which were "totally unfit for the food of man." The matter excited very great attention in Colchester. The Mayor, Deputy-Mayor, the High Steward, Dr. Williams, and four other magistrates occupied the bench. Cox is known as a maker of sausages "by steam," and as a large vendor of pork. Mr. Goody prosecuted. The fourteen pieces of beef were hanging in close proximity to the carcasses of two sheep, "which were also unwholesome, but being better than the beef, the medical officer did not seize them." The beef was decomposed, and of a dark colour. Defendant's attorney tried to make it out that the meat was there for the purpose of being boiled down into cart-grease, and a witness was called who stated that he had purchased such refuse meat, after the grease had been boiled off, and given it to his pigs. The Bench, after consultation, fined Cox 30s. for each piece of meat, or £21 in all, with costs.

FATAL ACCIDENT TO A BUTCHER.—Dr. Lankester held an inquest yesterday, at the University College Hospital, on the body of James White, aged 32 years, foreman to Mr. Stone, a butcher of Junction-road, Upper Holloway, who expired from injuries received through being tossed by a prize ox which he was about to slaughter. The evidence showed that the deceased, with an assistant named Moore, was about to slaughter three long-horned Highland oxen, which were in a pound at Mr. Stone's private abattoir. The system of fastening was to lasso the animal from the outside of the rails, passing the rope under and through an iron ring, thus securing the head so that the animal could be easily slaughtered without danger to the operator. The deceased, however, opened the gate, went into the pound, and selecting the middle animal of the three, he passed the rope over the horns, which were of great length, and turned to pass out, when the animal ran at and gored him through the back, and tossed him. The unfortunate man received such severe injuries that it was necessary to convey him to the hospital, where he expired. The jury returned a verdict of "Accidental death."—*Daily News*.

THE VEAL-PIE TRADE AT LIVERPOOL.—At Dale-street Police Court, before the stipendiary magistrate, John Watson, butcher, was summoned for having on his premises ten pieces of veal deposited for sale, which were unfit for human food.—Inspector Luya stated that he visited the defendant's shop, his attention having been directed to the place by the appearance of a calf's pluck. He saw the remainder of the calf cut in four pieces in a basket. It was "slink" calf, and quite unfit for human food. The effect of eating "slink" veal had been to cause diarrhoea and violent purging. Mrs. Watson told him that the veal was intended for making veal pies; that the pie-makers paid a low price for it, and that she thought it good enough for the purpose. The head had been partly cleaned and blown. The defendant said he intended eating the veal himself! He was fined 60s. Mr. Raffles said the case was not so bad as others which had come before him.—George Daft, occupier of a slaughter-house in Parliament-street, was summoned for omitting to give information to the inspector of nuisances of an unsound calf having been brought to his slaughter-house. Evidence was given to show that the calf had been killed in the defendant's slaughter-house and removed to Watson's shop. Defendant was fined 20s.

BAD CRABS.—At the City Police Court, Manchester, Samuel Worthington was summoned for having exposed for sale a quantity of fish unfit for human food. Mr. Page, superintendent of markets, prosecuted. He stated that the defendant, who was a tenant of the Victoria Fish Market, on the 29th November sold 147 crabs and six lobsters to Sarah Sweeney, a hawker, for 4s. In the ordinary course of trade they would have been worth about £3. Sweeney, finding that they were not very good, returned and complained to the defendant, and two sums of money were given back to her, which reduced the price of the fish to 3s. She then, with the help of a man, took the fish away, and got to the corner of Exchange Street, where they left the fish while they went to Cope's vaults. The smell from the fish was, however, so intolerable, that a person came out of Mr. Ollivant's shop to ascertain where the stench proceeded from, and sent for a policeman. The woman Sweeney and the man came up at the moment, and told where they bought the fish. An order was obtained from the magistrates, and they were destroyed. The woman afterwards went to Worthington's, and got the whole of her money back. Mr. Yates, barrister, defended, and called several witnesses; but the Bench convicted, and a penalty of £10 was imposed.

POTTED MEAT AT HUDDERSFIELD.—Joseph Garside, described as a bone boiler, was brought before the justices charged with having a quantity of potted meat in his possession unwholesome and unfit for human food. Sergeant Wiseman having gone to the prisoner's house to apprehend him on a charge of fowl-stealing, met with such a foul stench that he gave information to the sanitary authorities. Mr. Aid, the sanitary inspector, and Mr. Pritchard, medical officer of health, visited the house, and found seven vessels full of putrid meat, consisting of the lights of dogs and cows, and salt meat of various descriptions. There was also the stomach of a cow in a decomposed state, and some meat stewing in the oven, consisting of solid lumps of lights and guts in a state of putrefaction. Prisoner told the sanitary inspector he intended to sell the meat to potted-meat dealers. The house was in a most filthy condition, and the floor

was not only unwashed, but was covered with the greasy *débris* of old meat. There was a large paper of savoury herbs already mixed, ready to mix with the putrid meat. The magistrates fined prisoner £20 and costs, and in default of payment sentenced him to three months' hard labour.—He was also committed for trial on two charges of felony, one for stealing fowls from a hencote at Lockwood, and the other for stealing a goose. Both fowls and goose were found in his possession.

NORWICH.—A painful story which has just been told at the Norfolk Petty Sessions will, it may be hoped, direct public attention to the urgent necessity for a reform in the manner of conveying live stock by railway. The outrages on humanity and the injury to property resulting from the present method, or rather want of method, were clearly illustrated by the passage of the 820 unfortunate sheep whom Mr. Coker, a cattle dealer at Walsingham, consigned from Hawick, in Scotland, to Lynn, in Norfolk. They travelled by the Midland Railway, and should have reached Lynn in 24 hours. They did not reach that station till many hours later, and were then sent on, without food or drink, by special train to Walsingham. They had then been in the trucks without food or water for forty-eight hours. Two were dead on arriving at Lynn, and the conduct of those who pitilessly sent the rest on for another six hours' journey can hardly be too strongly denounced. The dealer asserts that he made arrangements for unloading and feeding them at Lynn after twenty-four hours' journey; but the magistrates, finding that he had not made the necessary written request to the company, fined him £50 and costs. The Americans, who are an eminently practical people, have passed a law making it compulsory on the railway companies to give live stock food and water, and unload them for a specified interval of rest in every journey of more than twenty-eight hours, under penalty of a fine. It is evident that the strong hand of the law must interfere, where neither self-interest nor common humanity can prevent such wanton brutality.

At Guildhall Police Court London, Sir Robert Carden had before him about as bad a case of attempted wholesale poisoning as can well be imagined. Henry Sparrow, a cattle-dealer and slaughterman of Bar Street, Norwich, was summoned for sending unwholesome meat to the Metropolitan market. It appears that a Mr. Gowing, a farmer, of Trowse, Norfolk, some months ago bought a bull for £9. A short time ago the animal was taken ill, and its owner found it must be killed to prevent it dying from disease. At this juncture Mr. Sparrow fortunately presented himself, and offered Mr. Gowing 20s. for the bull, but after considerable negotiation consented to give him 30s. The bargain was struck. Mr. Sparrow killed the bull where it lay, took it to his slaughter-house, and dressed it as food. The hide and offal he disposed of for 12s., so that the diseased animal actually only cost him 18s.; and as the market inspector stated that the value of the meat if good would be about £8 or £9, we may conclude that Mr. Sparrow made a very fair percentage on this disgraceful transaction. We have the greater satisfaction in recording that Sir Robert Carden, on hearing the evidence against the prisoner, sentenced him to two months' imprisonment without the option of a fine. It is a matter of regret, however, that the offence could not have been traced a little farther back. Mr. Robert Hitchcock, one of the sanitary officers for Norwich, said that he knew Mr. Gowing, the farmer, as well as the defendant, and knew the business they carried on, and "that the defendant was a dealer in very low-class meat, and would buy anything." There must clearly, then, be some person or persons who are ready to sell him anything. Mr. Gowing, in answer to the magistrate, said he did not know what Mr. Sparrow intended to do with the bull when he sold it to him. Mr. Gowing appears to be innocence itself, but he could hardly have supposed that the defendant paid 30s. for the animal out of pure scientific interest in a pathological study.—*Pall Mall Gazette*.

These specimens, we hope, will not be without their effect. Even Vegetarians may be made more conscious of the extent of the terrible evils against which they protest, and at any rate they should give no peace to their neighbours, who cannot be so well acquainted with these things. A literary correspondent puts the case well in a letter he has written to the public press:—

The amount of diseased or putrid meat consumed by the poorer classes would be simply incredible were we not assured of the fact on the best authority, and the sure evidence of statistics. Dr. Simon, in a report to the Privy Council, states that *one-fifth* of the meat purchased in this country is diseased: and Professor Gamgee, the well-known veterinary surgeon, reports that "in all large towns more than fifty per cent of cows kept die or are slaughtered diseased!" The same authority asserts that "sausages are extremely perilous, for it is well known that the less reputable sausage-makers think no meat too bad to make up in this deceptive way, provided the nastiness can be disguised by spices and condiments." Frequent record appears in the newspapers of large quantities of meat seized and condemned in the markets by the sanitary inspectors. How many thousands of tons are thus legally condemned, and how many more escape the inspectors in private establishments, and by reason of being not sufficiently putrid for legal condemnation, is a matter not pleasant to contemplate.

But we have a still more interesting part of the subject to discuss, and we are greatly helped in this by a lecture on parasites, one of a series of "Science Lectures for the People," delivered in Manchester. The lecturer is the well-known authority on this subject, Dr. Spencer Cobbold, and we will take first his sketch of the *Tænia Mediocanellata*, the tape-worm which the human host obtains by eating underdone beef:—

It is the common form of human tape-worm. It is quite a delusion to think that the pork tape-worm is as common as that derived from beef. I can speak quite confidently on this point, because I have investigated the subject carefully. There is the creature represented at full length. It has four suckers, but no hooks. That one over the fireplace is from pork, and is recognised by its head having a series of hooks in addition to four suckers. The tape-worm is a most remarkable creature. It consists of a head and a segmented body, which is sometimes twenty feet or more. In fact a tape-worm is not a single creature, but a multitude of creatures all arranged together in single file. You probably have some acquaintance with those pretty little objects which are found on the sea-shore—zoophytes, polyps, with numerous heads. Now the compound polyp is a colony of individuals branching out like a tree. But here is a colony of polyps ranged in single file like a regiment of soldiers; and thus one long creature is produced by a number of little beings adhering together; some 1,200 individuals being joined together so as to form a colony.

Next we will take the very interesting story of the *Trichinæ* parasites, which prefer the pig, but resort to the human being, *viâ* the pig, when they get the opportunity. Listen to this:—

Here is one of the *Trichinæ* rolled up inside its capsule. Now you would like to know some further particulars of the life-record of this parasite; how it gets into the human territory, and, in fact, all about it. Those who are fond of underdone pork, and who happen to persevere in eating a quantity of it in the trichinised condition, will assuredly be liable to infect themselves with the parasite. The flesh of the pig is apt to contain these small capsuled *Trichinæ*. They are so small that their length does not exceed the 1-25th of an inch from head to tail. When the consumer has eaten his meal (our friends the Germans are very fond of eating raw pork) he will, if he has swallowed half-a-pound of flesh, have taken into his stomach many thousands of these little parasites. But they are only larvæ—they are in a juvenile state of development; and you will say, therefore, that they would do him no harm. Far otherwise. Although they are only in the larval stage of development, it suffices for them that they remain inside the new bearer—they are borne from the intermediary

host, the pig, to the human being—I say it suffices for them to remain forty-eight hours, for they will by that time have become converted from the larval condition of growth into the mature adult *Trichina*. Their growth is very rapid, and when they have arrived in the alimentary canal of the human bearer or host their size becomes greater, but yet not very great. I have both males and females figured here. The male *Trichina* is only 1-18th of an inch long, and the female, although she is very much larger, only one-eighth of an inch long; so, after all, it is a very tiny parasite. Small though it be, it is able to produce wonderful effects. When they have been comfortably lodged in our interior for six days, an immense number of little *Trichinae*, the progeny of the full-grown parents, make their appearance. They swarm out of the parent *Trichina* by hundreds, thousands, and tens of thousands; thus collectively amounting in a single bearer to many millions. Well, what becomes of them? They have got into the alimentary canal. The embryos are very minute, not more, perhaps, than the thousandth part of an inch long in the first instance. Their smallness, their toughness, their strength, and their armed mouths, enable them to bore directly through the walls of the alimentary canal, and thus the progeny is dispersed in all directions. They bore through the tissues, and make their way to the surface of the body; they stop at nothing; they pass through almost every structure except bone, until they arrive at the muscles. They even pass through the heart, not finding its muscular substance a suitable permanent residence. During these wonderful wanderings or migrations you have, as it were, an army of say fifty millions of these liliputian creatures; and the consequence is that the unfortunate host suffers the most agonizing pains. He imagines perhaps that he has got the gout or rheumatism. And if he happens to have eaten very heartily of the trichinised pig, of course he stands a chance of being killed by these little creatures. What is enjoyment to them is real pain and sorrow to him. When they have bored their way through the tissues (supposing he does not succumb to the wounds inflicted by them) they settle down in his muscles in place of the pig's, and there they make to themselves comfortable residences. These residences show themselves ultimately in the form of little capsules, such as you see figured in the diagram, and there they remain. "What becomes of them?" They simply wait there hoping that some one will come and devour the host; for if anyone should play the part of cannibal (and there are cannibals still in existence) he would in his turn be trichinised. If the human host be not devoured, what happens? A natural cure is effected. It seems to be the prerogative of nature in all cases where wandering parasites get into the human territory, that they shall live there for a certain time only; this length of time varying with different species, but in all cases, sooner or later, they perish by the process which is called calcareous degeneration—they become converted into little particles of lime; and thus the cure is effected. Such are the strange phenomena undergone by the little flesh-worm. One of the most interesting points about it is the rapidity with which all the processes of development take place. You have these creatures passing from the capsuled condition to the adult condition in two days; from the adult the eggs are given off; their contents in six days more being converted into little embryos, which pass through the tissues of the ultimate bearer to his muscles; so that in a period of three weeks, altogether, the whole life-cycle of the individual is completed. A more marvellous series of changes in the life history of this group of parasites is not to be found. "Could we not get on very well without these creatures?" I certainly think we could. I do not think that there is any necessity that we should be trichinised, or that we should play the part of host to these creatures. Never-

theless, as a matter of fact, hundreds and thousands of people in Germany are trichinised, and scores of persons have perished of late years from the *Trichina*. As regards these creatures themselves, the part they play in the economy of nature is none other than that which is played by all carnivorous animals; for, as it was admirably put by Professor Leuckart some years ago, whenever an animal is too weak or insufficiently armed to overcome and destroy another creature, to which, or upon which its instincts direct it to seek for food and nourishment, it must content itself by robbing the juices of the creature, its flesh, its blood, or its tissues. The only difference between a tiger and our little *Trichina* is, that the tiger kills his victim by a single blow, but it sometimes takes one hundred millions of these *Trichinae* to overcome the host which it inhabits and victimises. The tiger kills the man to obtain its food; the *Trichina* penetrates the human frame to seek its food; and there is no essential difference between the tiger and the *Trichina* in this matter.

Further on Dr. Cobbold relates how, by way of experiment, he and others fed a calf with some thousands of the eggs of the tape-worm, watched the indications of the development on the little creature, and at the right time for the purposes of observation slaughtered the calf. Its heart was examined, and its whole surface and also the interior of the organ was swarming with these little larvæ:—

Thus we reared in this calf many thousands of these parasites. Now observe—Supposing we had sent that calf to market, what would have happened? Every individual who partook of the veal, and who did not in cooking raise the temperature to 145°, would undoubtedly have been liable to have had developed in his interior the adult form of this particular parasite. A gentleman in India had lately the courage to induce a Mahomedan boy to swallow some underdone meat of this description purposely, and the result was that the boy had the privilege of playing the part of host to as many tape-worms as he had swallowed examples of this little cysticercus. What happens when the measles are swallowed is this: the bladder-like part is immediately digested, but the head and upper part of the neck are not digested. These latter pass down from the stomach into the alimentary canal, and the head, by means of the suckers with which it is furnished, adheres to the lining membrane of the alimentary canal. Then a process of budding commences, and in three months the worm would be fully developed. I never heard of an English butcher who had seen one of these parasites, and yet I am in a position to say that at this moment at least 10,000 persons in this country are playing the part of host to these creatures. Butchers are profoundly ignorant in this respect. “How do the cattle get the parasites?” Millions of these creatures pass from their human bearers every day, with other things that are vile. These evil things make their way into the sewage which it is now the fashion to spread over the land far and wide, and they are thus distributed in millions amongst the delightful verdure on which the cattle graze. The eggs are thus often taken into the mouths of animals along with their fodder. Every egg thus swallowed from fresh sewage becomes a measles, and every measles that is in the flesh of the animal goes to market, is sold and eaten, and afterwards converted into a tape-worm, provided the purchaser does not take the precaution of having the food properly cooked.

One would expect that, with all these facts of science before him, Dr. Cobbold would not fail to warn his hearers against such obvious dangers.

But science teaches no such thing to Dr. Cobbold : it does not teach him to avoid the evil—only to take what he calls “precautions” against it. His intention seems to be, having made his hearers’ flesh well nigh creep with his narratives about parasites, to make them all quite comfortable again. His advice is merely :—

Have the food well cooked. Do not flatter yourselves that partial cooking will destroy them. A heat of 160 degrees will be perfectly sufficient, if prolonged, to kill even that disagreeable little creature *Trichina spiralis*. If the heat goes to boiling-point you are perfectly safe ; but you know that it takes a long time for a joint to become heated to 212 degrees in the inside. Therefore the rule is, prolonged cooking, and then 140 degrees are sufficient to prevent infection from *Cysticercus*, and 160 degrees from *Trichina*, from which latter there is more danger, seeing that they are enclosed in little protective capsules.

It is certainly a comforting thing to be assured by so high an authority as Dr. Cobbold, and with such a world of dangers laid open to one’s view, that by adopting a certain precaution you are “perfectly safe.” But we feel not a little confidence that in this matter we are able, as Vegetarians, to give a higher certificate of safety than Dr. Cobbold. At any rate, we should be far from satisfied with such a guarantee of safety as that with which he offers to furnish us. It is remarkable how many dangerous things men may do, according to some advisers, if they only take precautions. They may drink dangerous and poisonous liquors ; they may eat unwholesome and luxurious foods ; they may imbibe the smoke of poisonous herbs ; they may be usurers, gamblers, or speculators ; they may licentiate in any crime, vice, or indulgence, if only they be guided by certain wise rules, remember the counsels of prudence and moderation, and take due precautions. Let it be ours to listen to the old warning, “Cease to do evil ;” and to the newer and deeper gospel precept which requires us to “abstain” even from the “appearance of evil.”

For what does Dr. Cobbold’s guarantee of safety amount to—what is his pleasant alternative ? To this only, that if your food be well cooked, and subjected to prolonged heat, 160 degrees in the middle, those “disagreeable little creatures” will undoubtedly be killed, and you may then with safety feast on their remains ! Invaluable precautions these ! Most comforting assurances ! Man is a reasoning animal, truly ; but scarcely nice in his choice of food, scarcely discriminating in his study of science, if such facts as these do not act as “cautions” of another kind, and give him a “safety” worth the having.

LIVELY.—There was a great stir in our garden the other day. The potatoes were ready to jump out of their skins. The beet turned red to its very roots. The celery lost their heads, and the cabbages their hearts. The peas split their pods with excitement. The asparagus could with difficulty be kept in its bed. The parsley curled itself up in a corner. The cucumber alone maintained his habitual coolness. The cause of all this commotion was the presence of a noted Vegetarian. The potatoes never took their eyes off him.—*Punch’s Almanac*.

BREADSTUFFS OF THE WORLD.

A TRANSATLANTIC statistician, who has been attending the St. Petersburg Congress, goes back to his own country (the United States) to propound his conviction that the civilised world already produces more breadstuffs than it can eat, that it wastes a good deal of those it produces, that the United States is mainly in fault for this over-production, and that it is time to give more attention to other industries. We summarise his statement, as given in a recent number of the *Agricultural Economist*:—

A most extraordinary theory in reference to the grain supplies of the world comes, like other strange and startling things, from America. Mr. A. Delmar, on his return to the United States, after attending the statistical congress at St. Petersburg, has published an article in which he attempts to show that the world is now producing more bread than it can eat, and that greater attention should be turned to other industries. Taking the returns for the year 1870, he estimates the cereal product of what he terms the commercial world, throughout which, with little or no restriction, breadstuffs are now produced and exchanged, and compares this with the population. In this way he calculates a total population of 428 millions, with cereal products amounting to 7,727 million bushels, or upwards of 18 bushels per head. The rest of the world is either destitute of commercial facilities, or closed to intercourse. Now, says Mr. Delmar, the utmost capacity of a population to consume grain in the form of food is eight to ten bushels per head per annum. What it consumes beyond this amount must be for seed, for the food of animals, for the manufacture of spirits, fermented liquors, sugar, or starch, or for fuel. For some of these purposes, as for food, seed, and fodder, the use of grain is necessary; for others, as for starch, sugar, and beverages, its use is, up to a certain point, economical; beyond that, and always when used for fuel, it indicates over-production and loss. England contains one of the best fed populations in the world; nevertheless, the entire consumption of grain in England, including the enormous quantities converted into starch and beverages, or to food for animals, is less than 16 bushels per head per annum, of which the home product is 10 bushels. Yet the world at large produces nearly 19 bushels per head, and the precious staff of life is thrust into the stoves of the western farmers for fuel.

We leave the story as we find it. Of the fact of this over-production—of this enormous waste, there can be little doubt. What then are to be the “other industries” we are to adopt. What about fruit-production? Fruit is nowhere in excess; often in great deficiency; more or less scarce; more or less high-priced and therefore prohibitive. What more important industry can be promoted than this, for the food supply of the world?

APPLES.—Apples are abundant, large, and fair this season, and we hope will enter largely into our food during the winter and spring, and will afford a healthy and cheap diet. Fruit is not a luxury to be indulged in only by the rich. The desire for it is implanted in our nature. Eaten raw, apples are more wholesome than when mingled with butter, eggs, and flour in the form of puddings, pies, tarts, and sauce. Simply baked they are delicious, and may be served at every meal, and may be beneficially substituted for pickles and such condiments. Sweet baked apples are a most desirable addition to the breakfast and tea-table, and are far more healthful, appropriate, and sustaining than half the dishes usually esteemed essential at such times. They make an excellent diet for young children. Baked apples without meat are far more substantial food than potatoes. Less flour, eggs, sugar, and butter will be consumed by a family which keeps a supply of apples in the store-room.—*The Garden*.

HEAVEN REALISED.

— Man, once fleeting o'er the transient scene
 Swift as an unremembered vision, stands
 Immortal upon earth : no longer now
 He slays the lamb that looks him in the face,
 And horridly devours his mangled flesh,
 Which, still avenging nature's broken law,
 Kindled all putrid humours in his frame,
 All evil passions, and all vain belief,
 Hatred, despair, and loathing in his mind,
 The germs of misery, death, disease, and crime.
 No longer now the wingèd habitants,
 That in the woods their sweet lives sing away,
 Flee from the form of man ; but gather round,
 And prune their sunny feathers on the hands
 Which little children stretch in friendly sport
 Towards these dreadless partners of their play.
 All things are void of terror : man has lost
 His terrible prerogative, and stands
 An equal amidst equals ; happiness
 And science dawn, though late, upon the earth ;
 Peace cheers the mind, health renovates the frame ;
 Disease and pleasure cease to mingle here,
 Reason and passion cease to combat there :
 Whilst each unfettered o'er the earth extends
 Its all-subduing energies, and wields
 The sceptre of a vast dominion there :
 Whilst every shape and mode of Matter lends
 Its force to the omnipotence of Mind,
 Which from its dark mine drags the gem of Truth
 To decorate its paradise of Peace.

—*Shelley.*

 Intelligence.

SCHOOL OF COOKERY.—Lady Barker has been appointed General Superintendent of the Permanent School of Cookery shortly to open at South Kensington.

MURDER.—At the Central Criminal Court, a butcher named Parker has been sentenced to death for the murder of his two children at Wapping.

IMPORTS.—The value of game, poultry, and rabbits imported last year amounted to £257,405, against £217,542 in 1872.

INDIA.—A remarkable native movement has arisen in Eastern Bengal. Those who follow this new teaching read the scriptures, and endeavour to live after the example of the apostles and early Christians. They are Vegetarians, discard the use of medicine, and seek the cure of sickness by prayer.

NORTH WALES.—We are pleased to hear that a Welsh gentleman, the Rev. Mr. Williams, though not a Vegetarian, who some time since attended a lecture given by Mr. W. Wilkie, of Brymbo, has commenced a series of articles recommending the subject in *The Banner*, the principal Welsh newspaper in North Wales.

DARLASTON.—A good meeting was held in the Temperance Hall, Darlaston, Wednesday, Mr. Job Foster presiding. Upwards of 200 persons were present (including a reporter), and great attention was paid to the lecture, which was delivered by the Rev. James Clark, of Salford. Questions were asked at the close, and a number of publications disposed of. Great credit is due to Mr. George Downes, a Darlaston workman and Vegetarian, for his efforts in promoting the meeting.

ALL FINISHED TOGETHER.—The *Petit Journal* of Paris reports the case of a young man who was poisoned under singular circumstances. Having acquired a strong taste for the flesh of dogs and cats, and having lately feasted upon a fine specimen of the feline race, he was shortly afterwards seized with vomiting, accompanied by excruciating pains. A doctor, who was sent for, discovered that the cat upon which the man had been feeding had eaten a rat which had previously swallowed some food mixed with poison.

NEWTON HEATH PIONEER LODGE, I.O.G.T.—On Tuesday evening, the 13th January, the Rev. J. Clark attended a meeting of this lodge, at the Ragged School, Newton Heath, as deputation from the Vegetarian Society, in reply to invitation. Mr. W. T. Evans, L.D., presided, and a pleasant hour and a half was spent in explanation and discussion of the principles of Vegetarianism. Thanks were voted to Mr. Clark and to the Chairman, and at the close a very kind wish was expressed that another opportunity of the kind should be afforded to that and the other lodges in the neighbourhood.

OBITUARY.—It is with very great regret that we chronicle the following intimation :—“In affectionate remembrance of Frederick Collett Newman, of Gloucester, who departed this life 12th January, aged 59, and was interred at Wotton Cemetery, 16th January, 1874.” Mr. Newman has been a Vegetarian for nearly a quarter of a century. He was never a strong man, and Vegetarianism did him great service. His younger brothers have long since left this world. Mr. Newman will be greatly missed and much lamented by many who knew and loved him. He was a man of large benevolence, of great suavity of manner, and extreme tenderness of heart.

“THE ANIMAL WORLD.”—The January number of this excellent monthly contains a valuable letter from “H. W.” on the “barbarities of the slaughter-house and their remedy.” The writer, while incisively concurring in the condemnation passed by that journal on “the notorious savagery of the slaughter-houses,” reminds its readers of the “existence and services of a small but noble band * * * whose principles and practices would make all the barbarities and horrors of slaughtering impossible,” and whose objects are essentially one with those of the R.S.P.C.A. He further gives a summary of the Vegetarian’s creed, and concludes by recommending its magazine, and Professor F. W. Newman’s abridgment of “Fruits and Farinacea.”

CANNING LODGE, I.O.G.T.—On Monday evening, January 12, the Canning Lodge, 127, held an open meeting in the Canning Street Temperance Hall, Ancoats, Manchester, to receive a deputation from the Vegetarian Society, consisting of Mr. Bailey Walker and Mr. Thomas Sutton. An explanatory address from the former gentleman was appropriately supplemented by an experience speech from the latter. Several questions were put and answered, and at the close a vote of thanks was accorded. The W.C.T., who presided, having his mother on one hand and his wife on the other, was a life teetotaller. Mr. John Jones, L.D., in a short address at the opening, read the circular which had been addressed to the lodge offering a deputation, and the report of a previous meeting which had been held at the James Gaskill Lodge, and bore his testimony to the excellent character and remarkable energy of the late James Gaskill, whom he had formerly known and worked with. About ninety persons were present, and a number of bills announcing the meeting had been circulated by the lodge. Among the questions asked was the following remarkable one, which was put in writing : “Whether the following herbs are a good dietetic drink for strengthening the stomach, purifying the blood, and creating an appetite : Rosemary, sage, peach, hyssop, balm leaves, and madespeedwell?” It is recommended by Dr. Richard Reece, M.R.C.S., London.” It appears that a drink made from these herbs had been recommended as a substitute for tea and coffee.

Miscellaneous.

AN EMIGRANT'S PARADISE.—We are surprised to find strawberries growing most profusely in a wild state everywhere, and the same remark applies to the cherries. But the dewberries (very much like blackberries) grow with the greatest profusion in the fields amongst the corn, in the woods by the fences, everywhere; raspberries also are plentiful. The peach and apple, however, receive the greatest amount of attention, and in nearly every plantation you may count into the hundreds of these and other sorts of trees. I cannot speak too highly of the fruit-producing capacities of this country. The grape is thoroughly at home, and yields amazingly.—*Rural Messenger*. (U. S.)

POTATOES.—Several German writers upon races predict that nations, far from improving, will deteriorate both in physical and mental characteristics, if potatoes become a principal article of diet. The celebrated Carl Vogt says that “the nourishing potato does not restore the wasted tissues, but makes our proletariats physically and mentally weak.” The Holland physiologist, Mulder, declares that the excessive use of potatoes and coffee and tea by the higher ranks is the cause of the indolence of nations. Leidenfrost maintains that the revolutions of the last three centuries have been caused by the changed nourishment of the workmen, and that now the cheap potato forms his principal subsistence, but gives him no muscular or nervous strength. So Cobbett may be right in his antipathy to the potato after all.

EXERCISE AND THE BATH.—Suppose the whole of the people of England underwent training, you would have a people of a superior order, physically. * * * There are two processes by which this condition can be obtained. Either will develop the powers; each will be a safeguard against disease; by each every man will be made lighter, stronger, more alert to take up any work, and more able to accomplish it, and with a less quantity of sleep and food. Both, therefore, are remarkable results as obtained in particular cases by individuals, or by entire nations. Now, suppose both these processes conjoined, what a wonderful people you would have. Look at that handful of Greeks, who made for themselves a name that is like the sun in the heavens! Look at that little collection of Italian outlaws, who gave laws to the world, and whose name remains synonymous with noble! The distinctive character of Greeks and Romans was that they combined the gymnasium and the bath.—*D. Urquhart, in Sir John Fife's Manual of the Turkish Bath*.

“FINGER-POSTS OF PROGRESS.”—Under this title Mr. W. Larner Sugden, of Leek, has issued a novel little handbill, requesting persons to order from the newsagents and read the following unusual collection:—For liberal culture, *The Examiner*, weekly; *The Westminster Review*, quarterly. For political and religious radicalism, and destruction of stale theologies and parvenu aristocracies, *The National Reformer*, 2d. weekly; *The Secular Chronicle*, 1d. monthly. For Christian and other communisms, and all forms of socialism, *The Republican Herald*, 1d. weekly, the organ of “poverty and philosophy.” For economic gastronomy, *The Dietetic Reformer*, 2d. monthly. For the great disinherited, *The Labourers' Union Chronicle*, 1d. weekly. For the great disfranchised, *The Women's Suffrage Journal*, 1d. monthly. *The Financial Reform Almanac* and *The National Secular Almanac*, 6d. each. We expect a good many people will quarrel with the selection; we certainly do. But, at any rate, we are glad to have our own magazine gratuitously advertised.

AN ADVENTUROUS TURTLE.—Like the rest of the world, I had the curiosity last week to go to see the immense tortoise which brought crowds to the window of the famous establishment on that Boulevard. The poor creature destined to supply dyspepsia, in the form of turtle soup, to half the gourmets of Paris, was of unusual magnitude. Its weight was over 300lbs. But the huge creature seemed quite in a comatose, if not dying state. Within the great plate-glass it was artistically arranged amid gigantic pears, Bologna sausages, truffled turkeys, and game birds of various plumage. Possibly the game was too high, or it may have been the discomforts of his position, which lent an unusual locomotion to the creature last Saturday evening. Whatever the motive, the act is undoubted. He moved himself in some unprecedented way against the window, and smashed into atoms a couple of hundred francs' worth of plate-glass. I believe the poor creature has already paid the penalty of his rash endeavour, and to-day is being cut into morsels, to be served up to-morrow in basins of soup.—*From the Paris Correspondent of the “Irish Times,” Dec. 13th, 1873.*

To Readers and Correspondents.

All communications for the Dietetic Reformer should be addressed to the Secretary, and contributors will oblige by forwarding any material for insertion, if possible, not later than the 1st of the month preceding its issue.

INQUIRER may look for answer to his request in an early number.

THE EXECUTIVE COMMITTEE will meet on Tuesday Evening, the 17th February.

*** Owing to the length of our first article, we are compelled to postpone our usual four pages of Graham, Mrs. Kingsford's Lecture, the Index for 1872-3, and several articles.*

PORTRAIT OF THE LATE WILLIAM HORSELL.—A few copies remain of a neat portrait of the late Mr. Horsell. May be had from the Secretary free.

DIETETIC REFORMER, No. 1, 1861.—This number has been reprinted to enable those having the rest of the series of the Dietetic Reformer, 1861-1871, to complete sets.

READING ROOMS.—Wanted, lists of Institutions, Liberal, Conservative, and other Clubs and Reading Rooms anywhere in the United Kingdom. Address to the Secretary.

LIST OF JOB CAUDWELL'S PUBLICATIONS.—This list was asked for by a correspondent "X." in our September number. Will he send his address? a copy having been sent for him to the Editor by a correspondent.

NOTICES.—The Secretary will be glad to send post card, containing neatly-printed list of the Society's publications, to any addresses which may be sent to him. For enclosure in letters, &c., copies of the same list, printed on plain card, may be had, by any correspondent, on application.

TO LADIES.—Ladies who are practising Vegetarian cookery will greatly oblige by communicating to the Editor their difficulties or their successes, especially any hints as to methods of cookery adopted, dishes to be recommended, or recipes which they find to be serviceable, and which may be helpful to others.

LECTURES.—The Rev. James Clark, Mr. W. Gibson Ward, Mr. Joseph Bormond, and Mr. James Burns, have permitted us to place their names upon our list, as willing, by arrangement, to lecture on Vegetarianism, Dietetic Reform, or the Food Question. Invitations or proposals for lectures should be addressed to the Secretary.

KEEP WATCH.—Readers of the Dietetic Reformer may do the Editors excellent service by forwarding to the Secretary notices of our movement or our publication which come under their observation, as well as facts or information likely to prove of interest. If publications or newspapers are forwarded, the page should be turned down where the paragraph or notice occurs.

PROMOTE DISCUSSION.—"Is a purely vegetarian diet preferable to a mixed one, and if so, what are its advantages?" This subject may be discussed at workmen's clubs, discussion, mutual improvement, and similar societies, and Good Templar lodges. On the request of any official of these bodies, copies of back numbers of the magazine may be had, for presentation to each member, in anticipation of a discussion.

BACK NUMBERS.—Some sets of the Vegetarian Messenger and of the Dietetic Reformer may be had nearly complete from the commencement, forming an exceedingly valuable and interesting historical record of the movement during the past twenty years. They will be supplied, at a greatly reduced price, to members and friends, or for presentation to public libraries. For particulars, see page 4. For distribution, grants of spare copies not required to make up sets may be obtained on application to the Secretary, postage or carriage being paid by the applicant, who may mention the numbers he prefers to have, which will be sent if spare copies remain of those numbers.

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The Life of Dr. Lambe, the Pioneer of Vegetarianism in England, with Portrait. By E. HARE, C.S.I. Reprinted from the *Dietetic Reformer*, 1873. 54 pages; price Sixpence; post free for Seven Stamps, or Two Copies for One Shilling.

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